



ZIPs

Zero to age 21: Information
Promoting Success for Nurses
working with Kansas Kids

JULY 2005

16th Annual Kansas School Nurse Conference

The 16th Annual Kansas School Nurse Conference will be July 26-28 at the Hyatt Regency Hotel in Wichita. "Healthy Children 2005 and Beyond" will provide an opportunity to increase knowledge and skills specific to the nurse's role in accessing and utilizing Healthy People 2010 goals. Those goals are to increase quality of years of healthy life and to eliminate health disparities. This year's conference will feature sessions on: diabetes, mental health, athletic injuries, asthma, respiratory/cardiac assessment, vision and common vision problems, common medications in the school setting, interviewing adolescents, injury prevention, childhood obesity, and more. To view the conference brochure online visit: <http://webs.wichita.edu/continuinged/KSN/ksn2005.htm>. You may also register at this Web site. *Don't delay registering any longer!*

Meningococcal Vaccine Recommended at Age 11

The Centers for Disease Control and Prevention announced May 26 that it is now recommending vaccination of children ages 11 to 12 years, or before adolescents enter high school at about age 15, with the newly licensed meningococcal conjugate vaccine (MCV4). For more information visit: http://www.healthinschools.org/2005/may27b_alert.asp

KSNO Newsletter

The **Kansas School Nurse Organization spring newsletter** is now in an on-line version form and can be viewed and down-loaded at: <http://www.ksno.org>

Government Aims for Electronic Health Records

Health and Human Services Secretary Mike Leavitt recently announced formation of a national coalition to work out standards for digitizing individual health records within the next 10 years and making the information readily available to all patients, doctors, insurance companies, and employers. For more information visit: <http://www.hhs.gov/news/press/2005pres/20050606.html>

NHTSA Rates Child Safety Seats for 'Ease-of-Use'

Child safety seats are easier to use according to an annual National Highway Traffic Safety Administration (NHTSA) survey. NHTSA rated 92 child safety seats from 14 different manufacturers for 2005. Clearer labels and instructions accounted for most of the improvements. Safety seats were also scored for ease of installation, and whether the seats had to be assembled after purchase, or came ready for use. "NHTSA's 'ease-of-use' rating program provides parents and caregivers with valuable information that they can use for comparison shopping when buying child safety and booster seats," said NHTSA Administrator Jeffrey Runge, MD. "The program also serves as a powerful incentive to manufacturers to produce safe and effective seats that are simple to use." The NHTSA rating system uses grades A, B, or C to denote ease-of-use the safety seats. A copy of the 2005 ratings can be found at:

<http://www.nhtsa.dot.gov/CPS/CSSRating/Index.cfm>

Highlights from the 2005 ratings of the 92 rated safety seats are as follows:

- A total of 144 ratings were awarded in 2005, covering all use modes for seats available in the safety seats rated. The 2005 ratings represent approximately 90 percent of safety seats currently available to consumers.
- In order to qualify for an overall "A," a seat must receive an "A" rating in every possible mode. Of the 92 seats, 74 received an "A" overall, 13 received a "B" overall, and five had mixed scores of either an "A" or "B" for each of its modes.

HEADS UP!

SAVE THESE DATES:

The annual Perinatal Association of Kansas and KDHE fall conference:

Friday, September 16 and at the Lawrence Memorial Hospital.

The 2nd ANNUAL KANSAS DIABETES QUALITY OF CARE CONFERENCE:

Thursday, September 1, 2005 at the Hyatt Regency Hotel in Wichita.

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ZIPs: Perinatal Health

A babe in a house is a well-spring of pleasure.

— Martin Farquhar Tupper

Breastfeeding Rates Through 2003 – One Report

An update of survey results from the Ross Products Mothers Survey provides



interesting information on breastfeeding by new mothers. This ongoing survey by the Ross Products Division of Abbott Laboratories is periodically sent to a representative sample of new mothers.

These surveys are sent to these mothers each month through their baby's first 12 months.

The survey asks the mothers to recall the type of milk that their infants were fed in the last 30 days. The mothers may choose, in a multiple choice question format, from among breast milk, commercially available infant formulas, and cow's milk. Further, the results are weighted to reflect United States demographics including geography, race, age and mothers' education level. Over the last 30 years or so, breastfeeding rates have gone through periods of increases and decreases. Most recently, from 1993 to 2003, in-hospital breastfeeding rates rose to 66.0 percent and the six month duration rate was 32.8 percent.

Many solid increases in the in-hospital breastfeeding sample were seen in groups who have historically not chosen breastfeeding as a viable alternative for infant feeding. These groups include black mothers, mothers with low-birth-weight infants, those receiving WIC benefits, mothers under 24 years of age, and residents of the South Atlantic, New England, and West North Central regions. Black mothers and mothers with low-birth-weight infants showed the greatest increases during this time period (+17.5 percent and +14.8 percent respectively). Further, the six months of age duration of breastfeeding rates exhibited an overall increase of 13.8 percent from 1993 to 2003. The groups showing the greatest increases at six months of age were non-WIC participants, those with a college education and New England, West North Central, and Pacific residents. During this same time period, Kansas went from an in-hospital breastfeeding rate of 52.5 percent in 1993 to 60.7 percent in 2003. At the six month point for breastfeeding duration, Kansas went from 11.6 percent in 1993 to 18.5 percent in 2003.

This study seems to indicate that there

are many challenges to breastfeeding. In particular, societal changes that support, promote and encourage breastfeeding need to be adopted in order to achieve optimal results. Further, the Department of Health and Human Services (HHS) Healthy People 2010 breastfeeding goals are 75 percent initiation, 50 percent duration at six months and 25 percent duration at 12 months of age. To meet these lofty goals set forth by HHS, it is imperative that we strive to present a consistent message that babies are meant to be breastfed to the public, health care consumers, and among our partners. For more on this most important topic go to: <http://www.aap.org> and click on the topic of breastfeeding under the Children's Health Topics section.

Journal of the AMERICAN DIETETIC ASSOCIATION

Healthy Eating Habits for Infants and Toddlers

The "Feeding Infant and Toddlers Study" was designed to update knowledge of food and nutrient intake, growth and motor development, and feeding patterns of American infants and toddlers. It entailed several component studies reported in a supplement to the January 2004 Journal of the American Dietetic Association. In one article, the researchers discussed their findings in terms of infant feeding patterns including breastfeeding status, the use of infant formula, and the transitions to complementary foods, table foods, and other beverages. The authors concluded from their findings that most parents and caregivers can benefit from guidance about introducing first solid foods when developmentally ready, offering a variety of nutrient-dense foods in place of nutrient-poor foods, and to continue breastfeeding as long as possible during the first year of life. The articles comprising the Feeding Infants and Toddlers Study are available at: <http://www.adajournal.org/scripts/om.dll/serve?action=searchDB&searchDBfor=iss&id=jja0401041b&target=>. For a relevant new position paper from the American Dietetic Association on "Promoting and Supporting Breastfeeding," go to: http://www.eatright.org/Member/PolicyInitiatives/index_22213.cfm

Smoking Cessation Training Through AHEC Coming Soon

The MCH Program at KDHE and the "Kansas Tobacco Use Prevention

Program" have combined their resources to provide smoking cessation training across Kansas through the Kansas University Area Health Education Centers (AHEC).

Classes will use the Five A's counseling method that



has been proven effective in helping pregnant smokers to quit. These short, but intensive training sessions, are effective tools for the busy practitioner and affords the pregnant smoker a sense of control over a very addictive habit.

This program will be offered to a range of health care providers and home visitation staff who serve pregnant women and their families. The training will be provided to at 10 different locations across Kansas by AHEC, with each site accommodating up to 100 people. Dates, times, and site locations for the trainings have not been set at this time, but will be published on the AHEC Web site:

<http://kuahec.kumc.edu/>.

The MCH Program at KDHE strongly encourages local MCH providers to participate in these classes as part of a low birth weight initiative. This initiative will be an essential component of perinatal care to the MCH population through Maternal and Infant and Healthy Start Home Visitor services to pregnant women and infants. M&I Clinics are expected to participate in this training and HSHVisitors should attend as well. The HSHV will receive credit for one of the training days required by KDHE for HSHV.

Each facility that attends the training and submits a plan to implement the Five A's smoking cessation counseling process in their facility will receive \$500. Additionally, each participating facility which is providing Five A's counseling will receive \$10 per client referred to the Kansas Tobacco Quitline.



Click the image to go to the PAK Web site.

Surgeon General's Tips to Keep Toddlers Safe and Happy

Surgeon General Richard Carmona's "Tips to Keep Toddlers Safe" and Happy outlines information for parents on keeping toddlers healthy and safe as they look forward to summer fun. The list is the second in a series of "Healthy Dozen Tips" released by the Surgeon General as part of the "Year of the Healthy Child." Topics include healthy eating, oral health, the health risks of smoking and secondhand smoke, giving positive feedback, car seats, safety proofing a home, not leaving a child unattended, the importance of having a primary care provider, immunizations, first aid and CPR, prevention and safety, and having fun. Each tip includes a link to a national resource. For more information visit:
<http://www.surgeongeneral.gov/pressreleases/sg05192005.html>



Healthy Homes Guidance Documents

The National Center for Health Housing (NCHH) has posted two new healthy Homes guidance documents on its Web site. The first is a checklist for healthy homes maintenance. The checklist offers owners and renters basic guidelines on how to achieve the seven principles of healthy housing: keeping homes dry, clean, well-ventilated, free from contaminants, pest-free, safe, and well maintained. Community-based organizations and local health and housing programs could also use the checklist as part of their healthy homes trainings. The checklist can be found at:
<http://www.centerforhealthyhousing.org/>



Lead Poisoning Information

A special selection of articles on lead poisoning in children was published in the May/June 2005 issue of "Public Health Reports." Topics include: the discovery of the impact of lead pigments on children's health; screening houses to prevent lead toxicity in children; cost of child lead poisoning; reducing lead exposure from drinking water; federal response to childhood lead poisoning; and the lead industry. The articles can be viewed by visiting:
<http://www.publichealthreports.org/>



Brief Reviews Impact of Increasing Out-of-Pocket Costs on Medicaid and SCHIP Beneficiaries

A new Kaiser Commission on Medicaid and the Uninsured brief reviews the impact of increasing premiums and cost sharing on Medicaid and SCHIP beneficiaries, including the impact on enrollment in public coverage programs, access to care, and providers. It is available at:
<http://www.kff.org/medicaid/7322.cfm>



Immigrant Children -- Results from the CHHCS Brief Survey

The Center for Health and Health Care Schools attached a brief questionnaire to news and grant alerts posted on its Web site during April to learn more about the extent to which schools nationwide were being affected by population changes. Read the survey results online at:
<http://www.healthinschools.org/immigrant.asp>



InFocus: Children in Immigrants Families

To keep professionals up-to-date on legislation, federal programs, court decisions, and private sector actions that affect work with children, CHHCS publishes "InFocus," an in-depth look at emerging issues in school-based health and health care. Their first issue in 2005 deals with children of immigrant families and is available at:
<http://www.healthinschools.org/focus/2005/no1.htm>

The Tooth Fairy's Friend

If you have not worked as a dental health educator in an elementary school setting, you have missed one of the best career paths in the profession. Working with school children can be so exciting. Although school dental health programs are not plentiful throughout the country, the ones that have survived annual budget cuts continue to make a difference in the oral health of thousands of children each year. One such program is administered by Renée Shofner, a first grade teacher at The Independent School in Wichita. Learn about Renée's



remarkable efforts online at:
http://rdh.pennnet.com/Articles/Article_Display.cfm?Section=ARCHI&ARTICLE_ID=216215&VERSION_NUM=1&x=1

Authors Assess Program's Effectiveness in Reducing Asthma Morbidity

"This study demonstrates the effectiveness of a disease management program based on the use of the National Asthma Education and Prevention Program (NAEPP) guidelines in reducing asthma morbidity in a large group of low-income, urban, minority children whose asthma is managed entirely by PCPs [primary care providers]," state the authors of an article published in the May Journal of Pediatrics. The 1997 NAEPP guidelines were published by the National Heart, Lung, and Blood Institute. The article presents findings from a study to determine whether a systematic, standardized, asthma management program (Easy Breathing) increases PCPs' adherence to the NAEPP guidelines for anti-inflammatory therapy and whether greater adherence was associated with a decrease in hospitalizations and emergency department (ED) visits in minority children from families with low incomes who reside in Hartford, Connecticut.



"We believe that Easy Breathing has been successful in changing provider behavior because it focused almost exclusively on asthma diagnosis and therapy, areas that were important to the provider," state the authors. They conclude that "adherence to the guidelines resulted in a reduction in hospitalizations, ED visits, and outpatient visits." The abstract is available at:
<http://www2.us.elsevierhealth.com/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=abs&id=as0022347604011692&nav=abs>

REMINDER!

Before heading outdoors, apply your sunscreen and read "Frequently Asked Questions About UV Rays" by visiting the Prevent Blindness website at:
<http://www.preventblindness.org/safety/UVFAQ.html>



Do Something: 2006 Brick Awards for Youth Community Leaders

Each year, Do Something, a national not-for-profit organization that inspires young people to believe that change is possible, honors six outstanding leaders age 18 and under through its "Do Something Brick Awards."



The honorees must use their talents to measurably strengthen their communities in the areas of community building, health, or the environment. Each of the 18 and under winners is awarded a \$5,000 higher education scholarship and a \$5,000 community grant, to be directed by the award winner to the not-for-profit organization of his or her choice.

Applicants must apply on their own behalf and Do Something only accepts online applications. Encourage a young person to apply for the program at:

<http://fconline.fdncenter.org/pnd/2626/brick>.

New Edition of 'Overweight in Children and Adolescents Knowledge Path' Released

The new edition of "Knowledge Path:



MCH Library

Overweight in Children and Adolescents" is an electronic guide to recent, high-quality resources and information tools for identifying, preventing,

managing, and treating overweight children and adolescents. Produced by the MCH Library, the knowledge path includes information on (and links to) Web sites and electronic publications, databases, and electronic newsletters. It is intended for use by health professionals, policymakers, educators, and families who are interested in tracking timely information on this topic. The knowledge path is available at:

http://www.mchlibrary.info/KnowledgePaths/kp_overweight.html

His Brain, Her Brain

The April 25 edition of Scientific American reviews the latest neuroscience on sex differences in the human brain. The article suggests there is evidence for sex-specific treatments for disorders such as depression and schizophrenia. Read more at: http://www.scientificamerican.com/print_version.cfm?articleID=000363E3-1806-1264-980683414B7F0000



Updated Briefs Provide Tools To Help Families Communicate About Sexuality

As part of its "From Research to Practice" series, Advocates for Youth has published two updated briefs on translating research into science-based practices to prevent adolescent pregnancy and HIV and other sexually transmitted infections.

"Resources for Families on Parent-Child Communication" provides a selected list of resources and materials to help parents

talk with their children and adolescents about sexuality. Resources are arranged according to the following topics: (1) Web sites for parents, (2) Web sites for children and adolescents,

(3) books and videotapes, and (4) organizations. This brief is available at:

<http://www.advocatesforyouth.org/publications/frtp/resources.htm>.

The second resource, "Are You an Askable Parent?" discusses what it means to be a parent that children and adolescents feel comfortable about coming to with questions and also provides tips for parents on talking with children and adolescents about sexuality. The brief is available at:

<http://www.advocatesforyouth.org/publications/frtp/askable.htm>.

New HHS Study Confirms Effectiveness of Abstinence Education

Health and Human Services has released a research report commissioned by HHS and conducted by Mathematica Policy Research, Inc. The report presents first-year impact findings of four selected programs that received Title V, Section 510 Abstinence Education Program funds since 1998.

Findings in the report show that, over the first year

following enrollment in the study sample, youth in the abstinence education programs reported significantly higher levels of participation in classes or programs addressing issues such as physical development, risk awareness, and interpersonal skills than did their control group counterparts. The findings also show that programs led youth to report views more supportive of abstinence and less supportive of teen sex than would have been the case had they not had access to the abstinence education programs. In addition, the

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Policy Research, Inc.

programs increased perceptions of potential adverse consequences of teen and nonmarital sex. Program and control group youth reported similarly on some measures examined, including their views on marriage, self-concept, refusal skills, communication with parents, perceptions of peer pressure to have sex, and the extent to which their friends hold views supportive of abstinence.

"Students who are in these [abstinence education] programs are recognizing that abstinence is a positive choice," HHS Assistant Secretary for Planning and Evaluation Michael O'Grady said.

"Abstinence education programs that help our young people address issues of healthy relationships, self-esteem, decision-making, and effective communications are important to keeping them healthy and safe."

Read the entire 178-page report at: <http://aspe.hhs.gov/hsp/05/abstinence/report.pdf>

The Facts About STDs

Because the United States is experiencing a major epidemic of sexually transmitted disease/infection (STD/STI), ZIPs will present facts on some of the more prevalent STDs among adolescents over the next few issues. The facts presented will be from research collected and reported by The Medical Institute for Sexual Health.



Over 60 million Americans are currently infected with an STD and 15 million new cases of STI occur each year. One quarter of these new STD infections occur in people between age 15 and 19, and two-thirds occur in those under age 25.

Adolescents are at greater risk than adults and the CDC gives several explanations for this including: adolescents are more likely to have multiple sexual partners; they may select higher risk partners; and, they may be more susceptible to certain STDs because of their immature anatomy. Also, women are known to be more prone to certain STDs, particularly Chlamydia and gonorrhea. Women with STDs are also more likely to have serious complications from STD infection, including the pelvic inflammatory disease, infertility, and cervical cancer.

In the next issue, ZIPs will discuss Chlamydia, the most common bacterial STI in humans. For more information now, with citations, see:

<http://medinstitute.org/medical/index.htm>.

USDA Food and Nutrition Service

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training



and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Check it out at the Web site. There are a lot of good resources and ideas in these web pages:

<http://www.fns.usda.gov/tn/Default.htm>

Immigrant Parents Alienated from Healthcare Systems

"Immigrant parents are at particularly high risk of alienation from systems of health care and support services that are available to low-income and other vulnerable populations in the United States," write the authors of an article published in the March 2005 issue of the Maternal and Child Health Journal. U.S.

census data indicate that 20 percent of children lived with a foreign-born householder in 2002; these children tended to be younger and more likely to be living in poverty than those living with U.S.-born

householders. Despite studies showing lower mortality and morbidity risks among immigrants compared to U.S.-born infants, children, and adults, other measures of well-being have been less favorable. The study discusses the prevalence of resource awareness by immigrant status of parents and isolates the independent risk factors that contribute to immigrants' lack of awareness of family resources in their communities.

New Commission to Work on Strengthening Medicaid

U.S. Secretary of Health and Human Services Mike Leavitt announced May 20 that he has established an advisory commission that will "help identify the reforms necessary to stabilize and strengthen Medicaid so it can continue to serve our most vulnerable citizens." For more information visit the Centers for Medicare and Medicaid Services at: <http://www.cms.hhs.gov/faca/mc/details.asp>



Spanish Readers Guide for Health

The Spanish edition of "Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents" was recently posted to the Bright Futures for Families Web site.

The pocket guide, written especially for families, reinforces partnership and important roles for families in their children's good health. It provides

information about choosing and working with health professionals, what to expect as children grow, questions to ask and what to expect at health visits, and other resources. The Spanish edition pocket guide is available by visiting:

http://www.brightfuturesforfamilies.org/pocket_guidesp.shtml



NWHRC Survey Released

First Annual Health Survey: Women Talk presents findings from a national telephone survey of U.S. women age 18 and older conducted in March 2005 to explore women's knowledge about, attitudes toward, and perceptions of their health. The executive summary, published by the National Women's Health Resource

Center (NWHRC), presents key findings on women's roles

as health managers, their awareness of and attention to their own health, health information resources, and health perceptions by race and socioeconomic status. NWHRC is also launching an educational initiative based on the survey findings called "Take 10 to T.A.L.K." The campaign features a wallet-size card (in English and Spanish) with four questions that women should ask when visiting their health professionals. The press release, executive summary, wallet card, and other information are available by visiting:

<http://www.healthwomen.org/womentalk/index.html>

More Epidemiologists Needed

"Further attention to recruitment and training are needed to increase the number of trained epidemiologists and improve the public health infrastructure in the United States," state the authors of a report published in the May 13 issue of "Morbidity and Mortality Weekly Report." In November 2001, the Council of State and Territorial Epidemiologists



conducted a survey of state and territorial health departments to assess their core epidemiologic capacity. The survey was completed just before distribution of approximately \$1 billion in terrorism preparedness and emergency response funds in fiscal year 2002. The funds were intended to improve the U.S. public health infrastructure. Results of the 2001 survey, published in 2003, indicated inadequate capacity among health departments to fully perform essential public health services in six of eight key epidemiology program areas. The MMWR report summarizes the results of a 2004 follow-up survey to (1) assess epidemiologic capacity in the United States and its territories in the same eight program areas, (2) estimate the number of additional epidemiologists needed for full performance, and (3) identify education and training needs. To learn more about this survey visit:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5418a2.htm>



Education Resource for Asthma Info Cards

Free "QuickAsthma Cards" from the Allergy and Asthma Foundation of

America give you an easy reference about two devices that can help you better manage asthma.

"Secrets of Spacers/Holding Chambers" and "Peak Flow-to Go" are small, heavy-duty cards that are ready for you to personalize and tuck in your purse, briefcase or backpack. You can order these and other cards for asthma and allergies online by visiting: <http://www.aafa.org/display.cfm?id=4&sub=81&cont=392> or you can call and order toll-free at 800-727-8462.



Help On Cultural Competence

Over 200 items about culturally competent services are available from the MCH Library's bibliography at:

http://www.mchlibrary.info/action.lasso?-database=Biblio&-layout=Web&-response=/databases/BibLists/bib_cultcomp.html&-MaxRecords=all&-DoScript=auto_search_cultcomp&-search
This bibliography includes selected materials published in 1990 or later.



POPULAR TEENS AREN'T ALWAYS ANGELS

An NIMH funded study in the May/June issue of the journal "Child Development" indicates that popular teens may be more well-adjusted than those less popular, but they may also be more likely to use drugs and to engage in deviant behavior such as vandalism and shoplifting. The study tracked 185 seventh- and eighth-grade students for a year. "Overall, popular



teens were more well-adjusted than less

popular teens in a number of areas, including the overall social skills and their relationships with their parents. However, the popular teens also tended to show greater increases in drug use and delinquency over the year-long study." Lead researcher Joseph P. Allen, professor of psychology at the University of Virginia, noted that most of the increases in deviant behavior were relatively minor. See the information by visiting: <http://www.healthday.com/view.cfm?id=525750>

School Readiness: Closing Racial and Ethnic Gaps

Although racial and ethnic gaps in school achievement have narrowed over the past 30 years, test score disparities among racial and ethnic groups remain significant. It is now believed that sizable gaps already exist by the time children enter kindergarten, according to "School Readiness: Closing Racial and Ethnic Gaps," published by the Brookings Institution and the Woodrow Wilson School of Public and International Affairs. This most recent publication in the Future of Children series is available online at: <http://www.futureofchildren.org/>



"Mental Illness Exacts a Heavy Toll, Beginning in Youth"

The "National Co-Morbidity Survey Replication" study, conducted by Dr. Ron Kessler and colleagues at Harvard University and funded by the NIMH, was released June 6. The NIMH press release on the study highlights the following



findings: half of all lifetime cases of mental illness begin by age 14 and three quarters have begun by age 24; anxiety disorders often begin in

late childhood, mood disorders in late adolescence, and substance abuse in the early 20s. Unlike heart disease or most cancers, young people with mental disorders suffer disability in the prime of life and normally most productive. Despite effective treatments, there are long delays -- sometimes decades -- between the first onset of symptoms and individuals seeking and receiving treatment. Left untreated, a mental disorder can lead to a more severe, more difficult-to-treat illness, and to the development of co-occurring mental illnesses. The earlier in life a mental disorder begins and the slower a person is to seek treatment, the more persistent the illness becomes.

ARCHIVES OF GENERAL PSYCHIATRY

Dr. Tom Insel, Director of NIMH, said "There are many important messages from this study, but perhaps none as important as the recognition that mental disorders are the chronic disorders of young people in the U.S." The study is described in the June 6 issue of the "Archives of General Psychiatry." You can read more about the study on the NIMH web site at:

<http://www.nimh.nih.gov/press/mentalhealthstats.cfm>

KAFHK Resources for Parents

Kansas Action for Healthy Kids is offering two resources to help parents improve nutrition and physical activity in schools:

1. A parent presentation: A 20-minute PowerPoint can be obtained for overhead transparencies. The presentation includes a short background on childhood obesity and how a "healthy school environment" helps ALL students; motivation to join or form a school health council; and a short checklist to start looking into nutrition and physical activity issues within the school. Designed to be given by a local person, PTAs are perfect for this parent teaching tool.



2. A student essay contest: "How You Eat And Move Your Feet" is a back-to-school project. Sixth through twelfth grade students are invited to write a two-page essay on wellness. Teachers will submit the essays before September 21 and winners will be announced at the KAFHK conference, October 8 in Wichita. For more information on Action for Healthy Kids, contact

kafhkchair@yahoo.com; write PO Box 771177, Wichita KS 67277-1177 or visit <http://www.actionforhealthykids.org>.

Kansas Health Statistics Report

The Kansas Center for Health and Environmental Statistics publishes "Kansas Health Statistics Report" quarterly to inform policy makers and the public of the latest information on health data and research using health information. These reports review research findings from KDHE and outside the agency. *Kansas Health Statistics Report* is available in PDF format by visiting:



<http://www.kdhe.state.ks.us/ches/khsnews/khsr.html>

HealthierUS School Challenge Features Fruits and Vegetables

The U.S. Department of Agriculture (USDA) has just recognized the first U.S. schools to achieve gold certification in the department's new "HealthierUS School Challenge." Part of the Bush administration's HealthierUS initiative, the school challenge encourages schools to put fruits and vegetables first by requiring them to offer three different fruits and five different vegetables weekly



– including dark green or orange fruits or vegetables at least three times weekly, and fresh fruit or raw vegetables at least three times weekly. Schools taking part in this challenge must also be enrolled in Team Nutrition, another USDA child nutrition initiative promoting increased consumption of fruits and vegetables. One school making the grade is gold-certified Slidell Elementary in Cypress Cove, Louisiana, which offers this diverse selection of fruits and vegetables every day, and places special emphasis on nutrition education and physical activity. To find out more about how this program can help grow fruit and vegetable consumption, visit "HealthierUS School Challenge" at:

<http://www.fns.usda.gov/tn/HealthierUS/index.htm>.

Kansas Coordinated School Health Program E-Lines Newsletter

CSHP E-Lines newsletter keeps you up to date on grants, programs, and other information that pertains to coordinated school health. This newsletter is "printer friendly" so that you can post it in your staff lounge, main office or your classroom. Download the newsletter at: <http://www.kshealthykids.org/elines.html>



ZIPS: Events & Resources

The process of living is the process of reacting to stress.
— Dr Stanley J Sarnoff

Events

Senate Bill Would Fund Full-Service Community Schools



A bill introduced in the U.S. Senate May 10 would authorize the Secretary of Education to make grants to support full-service community

schools, defined as "elementary or secondary schools that participate in community-based efforts to coordinate educational, developmental, family, health, and other services to students, families, and communities." For more information visit:

http://www.healthinschools.org/2005/may18_alert.asp

Rehab the Lab: What Schools Need to Know to Manage Storage and Removal of Chemical Wastes

While most dangerous chemicals are located in science laboratories and art classrooms, many schools also have hazardous chemicals in custodial closets, industrial technology shops, and maintenance garages. Participants in this workshop conducted by the American Lung Association of Kansas will learn:

- the potential environmental dangers lurking in their buildings
- criteria for schools to identify the

storage integrity of hazardous chemicals

- how to safely remove chemicals so no harm is caused to students, staff or visitors
- "green"

principles and practices of laboratory safety and chemical inventory organization to reduce hazardous waste.

The workshop will be Thursday, August 18, at Friends University Science Lecture Auditorium, Room 100, 2100 West University Street in Wichita. For more information, contact Beth Marolf at 785-246-0377 or bmarolf@cox.net.

Safe and Drug-Free Schools National Conference

The U.S. Department of Education's Office of Safe and Drug-Free Schools (OSDFS) will host its 2005 National Conference in Washington, DC, August 15-17. The conference, "Tying it All

Together: Comprehensive Strategies for Safe and Drug-Free Schools," will bring together more than 2,000 national, regional, and local leaders in the fields of health, education, mental health, substance abuse prevention, and violence prevention to learn from national experts and each other. For more information, visit: <http://www.thechallenge.org/19-v13no4/v13n4-NatConf.htm>

Health and Physical Education Standards & Assessment Workshops

The Kansas Coordinated School Health Program (CSHP) has partnered with the Kansas Association of Health, Physical Education, Recreation and Dance (KAHPERD) to offer workshops to

help teachers and nurses implement and assess the National and new Kansas State Health Education Standards and Physical Education Standards. CSHP and KAHPERD are hoping to encourage efforts to provide every child with the opportunity to be healthy and physically active. Learn more at CSHP's website at <http://www.kshealthykids.org>, under "Upcoming Events." A registration form will be available online later this summer.



Resources

Newly Updated: Childhood Overweight: What the Research Tells Us

A revised fact sheet, "Childhood Overweight: What the Research Tells Us," updates an 18-month old fact sheet with published research from the past 18 months. The fact sheet is now available from the Center for Health and Health Care in Schools and is posted on the Web site in PDF format. To view this fact sheet visit: http://www.healthinschools.org/2005/Jun2_alert.asp

A Great List of Grant Funding Opportunities

The Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center at the George Washington University School of Public Health and Health Services. One CHHCS service is a listing of grants from a variety of sources for a variety of



reasons. Check it out at: <http://www.healthinschools.org/grants/alerts.asp> Also, see some examples from this list below.

Johnson & Johnson/Society for the Arts in Healthcare Partner to Promote Arts and Healing Grant Program

Johnson and Johnson in conjunction with the Society for the Arts in Healthcare intends to fund grants to promote the use of the arts to enhance the healthcare experience for patients, their families, and caregivers. Deadline is August 22. To learn more visit:

<http://www.healthinschools.org/grants/ops336.asp>

The WHO Foundation 2005 Grants for Grassroots Charities Serving Women and Children

The Women Helping Others (WHO) Foundation nationally supports grassroots charities serving the overlooked needs of women and children. The Foundation's priority areas are in health, education, and social services. Deadline is September 13. Find more information at: <http://www.healthinschools.org/grants/ops327.asp>

Need an Answer—Ask HRSA

At the HRSA Information Center Web site, you can order free publications and materials developed by HRSA Bureaus and Offices. The Web site also features information on resources that may interest you, including organizations, news sources, and current HRSA initiatives. Check it out at:

<http://www.ask.hrsa.gov/>



Hasbro Programs for Children Grants

Hasbro Children Foundation grants to support the development and/or expansion of programs for children.

Maximum Award: \$500-\$35,000.

Eligibility: Programs must provide direct services to children under age 13. They must serve children and families who are economically disadvantaged. They must be innovative and provide a model from which others can learn. For more information, go to: http://www.hasbro.org/pl/page.what_we_fund/dn/hcf/default.cfm

